

No More Chains: the real you...getting it back - 4 Audio CDs

Profoundly wise, life-changing, upbeat, and highly motivating are just a few words that describe this incredible teaching series. If you answer “yes” to any of the following questions, this series will change the perspective of your life.

- ✓ Are you tired of getting hurt by others?
- ✓ Have you lost “the real you” because you are busy trying to satisfy everyone else’s needs?
- ✓ Are you stressed out and need to organize your chaos?
- ✓ Have you allowed the expectations of others hold you back?
- ✓ If you knew that you could not fail, would the focus of your life be different?

“Dr. Kim” shares practical tips for individuals from all walks of life. This program is designed for the confident executive, the nurturing housewife or the exploring teenager. Regardless of who you are, this series is guaranteed to help you loosen the chains and unravel “the real you”.

Be committed to this journey and through this program you will:

- ✓ Guard your feelings and react to conflict with wisdom instead of emotions
- ✓ Develop your confidence and strength that has been hidden underneath the cares of life
- ✓ Learn step-by-step verbal comebacks when being attacked
- ✓ Discover how to finally say no without shame or guilt
- ✓ Take a stress test and find out how balanced you really are
- ✓ Discover how your generation has influenced who you are
- ✓ Go on a professional life journey that will unravel “the real you”